

New Couple: Lauren Conrad and Derek Hough



The Hills star Lauren Conrad and *Dancing With the Stars* pro Derek Hough have gone public with their romance, reports UsMagazine.com. The duo visited Sayer's Club in LA together on September 29th. "They were very flirty," said an eyewitness. "They were dancing and holding hands!" Conrad, who recently split from long-time beau Kyle Howard, finally appears to be ready for a new love. "Derek has been sweet," said an insider. "They are having fun and seeing where it goes."

What are some ways to "play it cool" in a new relationship?

Cupid's Advice:

When you're exceptionally excited about a new partner, it's hard not to let too much of your excitement show. Here are a

few ways to “play it cool”:

1. Keep dates simple: When planning dates, don't put in too much effort. A simple outing to the park or a trip to the nearest ice cream parlor is a great way to casually ease into a more serious relationship.

2. Limit your contact: To keep your cool, try limiting the contact you have with your new significant other. Don't text or call too frequently. You'll pique their interest by remaining mysterious.

3. Don't overdo it: While being too excited about a new relationship can be a turn-off, appearing too disinterested can be just as bad. Make sure your new love interest knows how much you value your new relationship.

Have you had to play it cool in a relationship? Feel free to leave a comment below.